

FIVE WAYS FOR FIVE DAYS FOR WELLBEING

Issue 6: 25th May 2020



Well done! It is half term so you **MUST** be ready for some 'down time'. Give the home learning a rest for this week and put your feet up. Get the popcorn out and spend some family time at the home cinema. (As well as lots of fresh air and walks too...)

From the 18th -24th May it was mental health awareness week. This year's theme is kindness.

Kindness is perhaps one of the most powerful of all human actions, it can be an act of generosity, friendliness or showing consideration for others. Not only does kindness benefit those who receive it, there are really positive benefits for the person showing kindness such as: increased happiness, improving connections

and relationship which in turn have a positive impact on health. This week, we have selected some 'home videos' about kindness for you to enjoy.

Control click on the titles for the Five Ways to see the films...



Click below to access resources to support your and your families' sense of wellbeing.

<https://www.camhs-resources.co.uk/websites>



Click here to find out more about kindness

<http://www.kindnessuk.com/>



Notice



FIVE WAYS FOR FIVE DAYS FOR WELLBEING

KEEP LEARNING



Click here to find some kindness resources

<https://www.randomactsofkindness.org/>



Connect





Be Active 

Kindness Questions

Parents: Use these discussion questions during the week to talk about kindness with your child.

- What does it mean to "be kind"?
- What is one way you can be a good friend?
- Tell me about a time someone was kind to you.
- How do you feel when someone is being kind to you?
- What is something you did once that was not very kind?
- What is something you did once that showed kindness?
- What is something nice you can say to someone that might make them feel happy?
- How can you be kind at school?
- How can you be kind at home?
- What are some kind things you can say to people?
- Who should you be kind to?
- How can you be a "bucket filler"?

A poem to Learn

Spread a little kindness
Sprinkle as you go
Send it out into the world
Watch it ebb and flow

Plant a kindness garden
The more seeds that you sow
You'll find that your own happiness
will grow
and grow
and grow!

Laura Jaworski

Have a wonderful half term. Rest, be happy and stay safe.

We look forward to seeing you soon!